



# InShape

## West Valley City Fitness and Recreation Center News

### 5k Recycle Run Wear Green & Run for Gold! Saturday, March 16, 2013 Race Starts at 8 a.m.

#### Registration:

Register by mail (must be postmarked by March 11, 2013), or at the Family Fitness Center (5415 West 3100 South)

**Entries received after March 11, 2013 will have a \$5 late fee added.**

Registration available on the day of the race from 7-7:30 a.m. (\$5 additional fee added)

#### Entry Fees:

Adults (18 & older) - \$15

Youth (17 & under) - \$10

Families (3 to 6 family members) - \$45

Each additional family member is \$5; families must live at the same residence and be related.

**Entry fees include:** Recycled gifts/prizes from our previous races, raffle drawing and ribbons 3-places deep in each age category

**Prizes:** Overall best time for men & women, ribbons 3-places deep in each age category

**Divisions:** Men/Women: 0-11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+. PLUS Family (3+ family member divisions)

**For more information, please call 801-955-4000 or visit [www.wvc-ut.gov/fitnesscenter](http://www.wvc-ut.gov/fitnesscenter).**

### Adult Co-Ed Kickball League

Registration begins February 1, 2013; Registration deadline is April 29, 2013

#### Cost:

\$350 per team with a 10-game guarantee.

Season begins May, 16, 2013

Call 801-955-4000 or visit [www.wvc-ut.gov/fitnesscenter](http://www.wvc-ut.gov/fitnesscenter) for more information

### T-Ball & Coaches Pitch

Games and instruction designed to teach girls and boys ages 4 – 6 basics in baseball.

\$40 per player, includes t-shirt, team & individual photo, and participation award.

**May 13 – June 24**  
Games begin at 5:30 p.m.

Registration due Monday, April 29, 2013

Volunteer coaches needed;  
call (801) 955-4012 to volunteer.

### Adult Recreational Softball Leagues

(sanctioned by USSSA)

Men's, Co-ed, Church and Competitive Leagues Available

**Men's & Co-ed**  
(14-game guarantee)

**Church League**  
(game guarantee set by league)

**Competitive Men's & Co-ed**  
(24 game guarantee)

**Begins the week of April 15, 2013**

**Fees:** Depends on league

**Registration Deadline:** April 7, 2013  
(\$50 late fee after April 7)

**All Captains Meetings: Monday, April 8, 2013**  
Men/Co-ed: 6 p.m.

Church League: 7:30 p.m.

Competitive: 8:30 p.m.

All meetings will be held at the Fitness Center.

**For more information, call 801-955-4000 or visit [www.wvc-ut.gov/fitnesscenter](http://www.wvc-ut.gov/fitnesscenter).**

## Youth Spring Soccer

**Games held on Saturdays starting at 9 a.m. beginning April 27 through June 15**

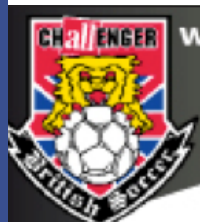
\$40 per child needing complete new uniform (blue and white); \$35 if turning in old uniform (gray and red) when registering; \$30 if child has complete new uniform from last fall.

**Registration due April 7, 2013**

*Late registration will be subject to availability and will incur a \$10 late fee.*

**Volunteer coaches needed; please sign up on registration form.**

**THIS SUMMER AT WEST VALLEY CITY CENTENNIAL PARK – SUMMER SOCCER CAMP (JULY 8 – 12)**



[www.challengersports.com](http://www.challengersports.com)

**SIGN UP NOW!**

**Challenger Sports British Soccer Camp**  
**The USA & Canada's Most Popular Soccer Camp**

**FREE Replica Jersey - FREE Camp Ball - FREE Camp T-Shirt - FREE Giant Poster**



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 [www.wvc-ut.gov/fitnesscenter](http://www.wvc-ut.gov/fitnesscenter)  
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.  
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 11:30 a.m. - 5 p.m.  
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 1 p.m. - 4 p.m.

